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Tools for Trauma: A Cognitive Behavioral Approach

Course Outline

Become Trauma Informed Today



Course Outline

TI- 204 – Tools for Trauma: A Cognitive Behavioral Approach

Course Description:

Tools for Trauma course will provide both the novice and advanced trauma therapist with the knowledge and skills necessary to begin utilizing Cognitive Behavioral Therapy (CBT) in their treatment of trauma survivors. In addition to presenting a didactic foundational understanding of the theoretical tenants of Cognitive Behavioral Therapy, this course will provide experiential training in many of the most popular and effective techniques of CBT.

Interventions include: Reciprocal Inhibition, Stress Inoculation Training, Systematic Desensitization, Exposure Therapy, Cognitive Processing Therapy, Behavioral Rehearsal and Relaxation Training. Treatment applications will be framed within a tri-Phasic model.

Who Would Benefit From Participation:

This course will benefit psychologists, social workers, master's level counselors and other skilled mental health professionals who work with trauma survivors or wish to gain skills to do so. Participants will enhance their practice specialty in the area of trauma recovery.

Learning Objectives:

- Treatment approaches within a Tri-Phasic model: Safety & Stabilization; Remembrance & Mourning; Reconnection
- Addressing post-trauma responses of the Body, Mind, Behavior and Emotion using CBT
- Over 20 CBT interventions for trauma recovery
- Learn underlying principles of CBT, and the development of Behavioral, Cognitive and CBT approaches
- Application of CBT toward fulfilling each stage of the Tri-Phasic treatment model
- Practical applications of CBT among trauma survivors
- Hands on approaches for working with trauma survivors on their journey to recovery through community reconnection

Course Evaluation:

Students are required to complete all training components in order to successfully complete this program

Required Course Reading:

Tools for Trauma – A CBT Approach **aka** “Trauma Practice: Tools for Stabilization & Recovery” (2010).

TI- 204– Tools for Trauma: A Cognitive Behavioral Approach Contents

Unit I -- Introduction to the Course and CBT

- Behavioral Therapy
- Cognitive Therapy
- Cognitive-Behavioral Therapy
- Cognitive-Behavioral Therapy Research
- Tri-Phasic Model (Herman, 1992)
 - Safety & Stabilization
 - Remembrance & Mourning
 - Reconnection
- Body, Cognition, Behavior & Emotion/Relation

Unit II -- Safety & Stabilization

- What is Safety?
- Body
 - Braking & Acceleration -- Part I: Titration
 - Trigger List – Sample
 - Progressive Relaxation
 - Autogenics
 - Diaphragmatic Breathing
 - 3-2-1 Sensory Grounding & Containment
 - Postural Grounding
- Cognition
 - Anchoring Part I: Safety
 - Safe Place Visualization
 - Positive Self-Talk & Thought Replacement
 - Reflection Sheet #1
 - Reflection Sheet #2
 - Flashback Journal
 - Thought Stopping
 - Buddha's Trick
- Behavior
 - Rituals
 - Contract for Safety and Self-Care
 - Safety Net Plan
 - Timed & Metered Expression
- Emotion/Relation
 - Transitional Objects
 - Support Systems – Committee of Support & Solidarity
 - Drawing Icon & Envelope (Emotional Containment)
 - Internal Vault (Emotional Containment)

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Unit III -- Remembrance & Mourning

- Body
 - Braking & Acceleration – Part II (Rothschild, 2000, p. 78)
 - Layering (Baranowsky, 1997)
 - Anchoring Part II: Collapsing Anchors
 - Comfort in One Part (Dolan, 1991, p. 26)
- Cognition
 - Downward Arrow Technique (Baer, 2001, p. 100)
 - Cognitive Continuum (Baer, 2001, p. 102)
 - Calculating True Danger (Baer, 2001, p. 102)
 - Looped Tape Scripting
 - Cognitive Processing Therapy
- Behavior
 - Skills Building Methods (Foa, Keane & Friedman, 2000)
 - Behavior Change Rehearsal Exercise
 - Reciprocal Inhibition (Wolpe, 1969)
 - In-Vivo Exposure
 - Stress Inoculation Training (Meichenbaum, 1994)
 - Systematic Desensitization
- Emotion/Relation
 - Assertiveness Training
 - Biofeedback & Relaxation Training

Unit IV – Reconnection

- Body
 - Centering
- Cognition
 - Distorted Beliefs & Victim Mythology
- Behavior
 - Self-Help & Self-Development
- Emotion/Relation
 - Memorials

Unit V -- Appendix: Client Profiles

Unit VI -- References